

# School for Housewives

By Marion Harland

## Household Column

By MARION HARLAND

FROM the far Pacific slope comes a calm, judicial statement of a subject upon which there is as much painful difference of opinion as upon the ever-vexed question of labor and capital.

The most fair-minded of us says habitually: "He supports his wife"—well or ill, as the case may be. Unless a woman bring her husband a hand-some dowry, she feels herself forever after a dependent upon his bounty. Marriage to her is to speak plainly of what burns at the bottom of thousands of hearts—honorable beggary. John is "a kind, liberal husband," say his friends and hers. John's wife is "dutiful" to her benefactor.

Our California woman's theory and practice are novel and startling. I apprehend that her views will be condemned as incendiary and subversive of patriarchal sovereignty. In anticipation I hear: "If the case of a man be so with his wife, it is not good for him to marry."

Yet I grant to our correspondent the right of way.

Mr. A. and I were both wage earners when he honored me by asking me to enter a partnership with him—object, a home.

As there were only two members we divided the positions equally. He was unanimously chosen president and secretary, while I was elected for life to be the vice president and treasurer.

We also agreed that he was to attend to the outside business while I managed the interests of the firm at home—the net gain to be divided between us.

By "net gain" I mean the balance left after the payment of all bills, including lodge dues and building and loan payments.

After ten years of this co-operative home-building we have not only a nice little cottage, which shelters, besides ourselves, two little daughters and a son, but another house, the rent of which, added to the \$30 per month brought in by the outside partner, will soon make a fortune of a man and a woman who look upon marriage in its true light—a partnership wherein the man is the miner, the woman the mint.

In how many instances do we see the mother of a large family, toiling early and late, denying herself all pleasure in order that the children may be fed, clad and educated, yet treated as a dependent upon her husband's bounty?

If out of his three dollars a day he should spend one dollar, or even two, upon himself, allowing only a small portion for the payment of household expenses, he would be justified by public opinion.

Does not a woman who takes upon herself the duties of a wife deserve full partnership, no matter how wealthy her husband?

A CALIFORNIA WOMAN.

I SHOULD like a recipe for creamed potatoes, also escalloped oysters. I will give you my way of preparing cold starch, into a quart glass jar put two-thirds of a cup of laundry starch, two tablespoonsful of powdered borax, one tablespoonful of turpentine, fill the jar with water. When wanted for use shake well and turn out the amount required.

INQUIRER.

SEE RECIPE COLUMN AT AN EARLY DAY. The value of turpentine as a cleansing agent is comparatively little known by practical housekeepers. We thank "Inquirer" for another formula which includes it.

YOU refer so many questions to your friends that I often feel like helping you out. I am a wife and woman, and consequently have no time. But we have so many more demands for experienced help than we are able to supply that I take the privilege of sending you a report of the free classes that are being conducted, hoping that the thought suggested may help you to help others.

T. V. M.

THE ASSOCIATION REFERRED TO HERE IS THE ART CRAFT INSTITUTE, 26 Van Buren street, Chicago. There is a similar organization in New York, and indeed, in nearly every large city in our country.

The interesting circular accompanying the above letter says: "Every girl is not by nature fitted for a clerk or a stenographer, but nearly every one loves to sew, and there is an immense demand for good needle women, especially if the applicant knows how to design as well."

There are also in these arts and crafts schools classes for drawing, modeling, illustrating with pen and ink, pyrography and wood carving, jewelers' classes and printing classes—all avenues in which the "superior woman" may find employment.

I AM in possession of magazines and periodicals which I will cheerfully give to the person who asked for reading matter in your column recently. My paper has been mislaid, but no doubt you will know to whom I refer. I think it was signed "Typo."

M. A. B.

SO MANY SIMILAR OFFERS HAVE COME TO ME THAT I AM constrained to ask that "Typo" will send me her address in full. Also, that others to whom "reading matter" would be acceptable will apprise me of their need. This sort of "exchange" is one of the pleasures of this department.

WE WOULD advise "Papa's Girl" when moving, to be very careful to clean out all tins, dishes and drawers, brush out all crevices and cracks in all wooden ware, ice chests, boxes and sideboards—in fact, anything in which eggs of roaches may have been deposited—carpets, clothing, bedding, in which thing that is shakable should be shaken out. Care in moving will practically save the day in their new home. Before moving they should examine their new home carefully, especially the kitchen, pantry and bathroom, and if any traces of roaches are seen, the following mixture: One quart of turpentine and one ounce of gum camphor. Dissolve the camphor in the turpentine and apply in small cracks and crevices with a soft brush. If housekeepers would be careful in opening packages from the grocer, butcher, baker and laundryman they would save themselves much future annoyance. It is a common occurrence to see a roach pop out when opening packages. Whenever or wherever a roach is seen in the house it should be killed, and that by a quick dash at it. Ordinarily, equal parts of powdered sugar and borax put around where roaches are, fresh every week or ten days, will do the work.

CAREFUL.

I HOPE "PAPA'S GIRL" AND OTHER SUFFERERS FROM THE PREVAILING roach will cut out this letter and place it in such a conspicuous place that I shall not be called upon to repeat it this season.

WOULD you please print some way of coloring a red hat black? I tried to color it with shoe dye, but it failed to do the work. I just colored part of it, and when I saw it would not color it I stopped. The straw is very rough and it makes it rather hard to color. Now I cannot wear the hat at all. I could have worn it as it was at first, but preferred to have it black.

FUDGE.

A GIRL WROTE TO ME ONCE, RECOMMENDING A BLACK SHOE POLISH as "a capital dye for straw hat." She had "tried it most satisfactorily." Before I could publish her recommendation she wrote again in hot haste to describe the calamity that had befallen her and her jet-black hat. She had been caught in a shower and ink streams from her head covering ruined her gown. Therefore, I advise "Fudge" to send her hat to a regular dyer and make sure of a good job.

NOTICING inquiry in your household notes for the proper proportions of crust for one pie, I would say that I have used the following for years, and found it the exact amount for a pie of ordinary size: One teaspoonful of four tablespoonsful (rounded) of lard, three tablespoonsful of cold water, half a teaspoonful of salt. For a pie with two crusts.

O. G.

I AM the proud possessor of an old-fashioned pewter set—coffee pot, sugar bowl and cream pitcher. They are in excellent condition, except for discoloration, caused, I think, from long disuse. How can they be cleaned and polished? I have tried various silver polishes with but little success. The set belonged to my grandmother and I am anxious to clean them. Can you or some of your readers give the desired information? Our grandmothers kept their pewter very beautifully bright and clean.

ONE OF MY EARLIEST RECOLLECTIONS IS OF A SET OF PEWTER dishes and bowls that belonged to my Yankee grandmother. She cleaned them every Saturday with a paste of scraped rottenstone and vinegar, spreading it upon the ware, leaving it on for an hour, then rubbing it off and polishing with old flannel. I have not seen any rottenstone in forty years, but have no doubt it still still be had at the drugists.

Perhaps some housewife may have a more modern recipe for polishing pewter heirlooms.

## Marion Harland's Recipes

### Deviled Lobster.

(By Request.)

Pick out the meat from the shell when the lobster has been boiled and has cooled. Set aside the coral and cover the meat dice with a dressing made by beating into a tablespoonful of warmed butter a dash of paprika, a saltspoonful of made mustard and as much salt.

Put a small cupful of hot water into a saucepan, stir into this the seasoned lobster and set over the fire. Have ready the coral rubbed to a thin paste with a tablespoonful of vinegar, and when the contents of the saucepan boil up add the coral paste. Boil up once and serve in a heated covered dish.

Be careful not to cook it more than one minute in all. Cooking makes it tough.

### Peach and Orange Marmalade.

Soak two pounds of evaporated peaches over night. In the morning drain and barely cover with cold water. Set in an enameled or porcelain saucepan on the range where they will simmer gently. Grate the yellow rind from six fine oranges, reject all the white skin, cut the sections into pieces and, adding with the grated rind to the peaches, cook two hours. Add a pound of sugar and cook fifteen minutes longer. Stir occasionally, watch carefully and do not let it scorch. Pack in jelly glasses or small jars.

### Stewed Bermuda Onions, With Celery.

Skin and lay in cold water for an hour. Cover with cold water and bring to a boil. When this has lasted ten minutes drain and cover with boiling water slightly salted. Cook ten minutes in this, add three small stalks of celery chopped fine, and stew gently until the onions may be pierced with a straw. Drain well, cover with a white sauce, keep hot over boiling water for five minutes and serve. Celery added to the onions in this way gives to the latter a most agreeable flavor and makes them acceptable to many people who dislike them when cooked as they usually are.

### A Delicate Custard.

First mixture—Pour boiling milk over one-half cup of flour and stir. Second mixture—Juice and rind half of a lemon, three-quarters of a cup of sugar, half a pint of milk (not boiled) and four eggs, yolks and whites beaten separately.

Combine both mixtures and bake as you would any other custard.

### Sauce for the Above.

Butter size of egg (small), half a cup of sugar, two teaspoonfuls of flour, white of one egg and juice of half a lemon.

Over this mixture pour enough boiling water to bring the sauce to the consistency of cream. Cook and stir for three minutes.

## Types of American Professional Women

### "A PARLOR LECTURER"



The modern profession of parlor lecturer is one that recommends itself particularly to women thrown suddenly on their own resources, because for it natural gifts are more necessary than special training. The clever young society woman of our sketch is specializing in lectures on literature. She pronounces the occupation both pleasant and profitable.

## Cold Cream the Latest Addition to the Manicures' List of Necessities

A NEW point in the care of the nails is the use of cold cream. The best manicures are now advising a delicate application of the cream as a means of loosening the cuticle around the base of the nail.

The old method of dabbing the fingers in water was far from being altogether satisfactory. While it did loosen the skin it continued for a sufficient length of time the process was disagreeable.

To produce the desired effect very hot water was necessary; the fingers came out of the basin feeling parboiled and uncomfortable.

The cream is applied—a mere atom of it is sufficient—with the orange stick enveloped in a bit of soft cloth. The skin loosens immediately and is then worked down by gentle pressure towards the crown of the nail.

The stick should never be used as covered. Any hard substance, such as wood or ivory, will scratch the surface

of the nails and counteract the good results of polishing.

There is no necessity whatever of clipping the cuticle itself. If trained down towards the base of the nail each week it will soon learn its place and keep it. A well-trained cuticle does not affect the general neatness of the finger tips.

Any cream applied which is not absorbed in the process of manicuring is quickly removed with a little soap and water.

## Parents' Column

By MARION HARLAND

IT MAY have been a very gracious (though unnecessary) act for the son to offer his aged mother, Mrs. L. R. does not say that the mother laid aside her dignity and accepted it. It has been unwritten law in our families that each member and guest shall have an individual place in the household. Would it be just as lovely an act if the wife should offer her seat to her aged father? Would she not fail in the respect due her husband if the aged mother accepts the seat would she not "sit down" upon the wife with the same grace? If there was no protest, what the question? I am wife, mother, mother-in-law and grandmother, without the shadow of a grievance. Therefore pardon this interference.

MRS. —

IF ANYONE MAY CLAIM THIS CHIEF PLACE IN THE PARENTS' CORNER it surely must be the correspondent, who, as "wife, mother, mother-in-law and grandmother, has not the shadow of a grievance." We may sit at her feet and learn of this rare avowal of domestic whirlpools, reefs and snags. "Interference" is a tabooed word in connection with her.

As to her demur at the son's offer of his seat to his old mother—or, rather, at the mother's acceptance of the same—I think she does not quite comprehend the case as stated by "Mrs. L. R." There were, undoubtedly, reasons why the son's seat was more desirable than that allotted to the mother, questions that had to do with draughts or ease, probably. Otherwise, to resign the place the master of the house should hold would be an affectation of humility.

I ENCLOSE you a screed upon bad milk for the purpose of drawing attention again to goat's milk. It strikes my fancy that the general use of goat's milk for children would be better than the use of cow's milk.

There are so many women anxious to earn a little money or support themselves that this matter should receive attention, and information should be spread. Clean goats have odorless milk. They are docile family pets, and the milk is as good as that of the Department of Agriculture to find what they know and how far steps have been taken to import breed animals.

A. W. C. YE C. C. C.

GRATEFUL MEMORIES OF A "GOAT'S MILK CURE" IN LUCERNE, Switzerland, which twenty odd years ago brought back color and flesh to the face, and strength to the limbs of a fever-stricken little boy, move me to press upon readers the wisdom of what is here said by our courteous consulting chemist. Goats cost little to keep, they are docile family pets, and the milk is as good as that of the little ones. Those who have eaten cottage cheese made from goat's milk, with the accompaniment of the black bread of the Swiss peasant, can testify that it is palatable and nourishing.

KNOWING that you are always glad to have both sides of every question presented to your readers, I thought that probably an extract from a recent issue of the Journal of the American Medical Association might be acceptable. An interesting investigation of the subject of "Condensed Milk and Infant Mortality," by Dr. Louis Ager, appeared in the Brooklyn Medical Journal for February. Dr. Ager compares the infant mortality statistics of the various boroughs of Greater New York, but more especially those of Brooklyn and Manhattan, and finds that while the deaths from diarrhoeal diseases in children under five years of age have been more than cut in two, the improvement has been of late much more marked in Manhattan than in Brooklyn and the adjoining counties of Queens and Richmond.

Thus, while in New York county (Manhattan borough) the diarrhoeal mortality in 1900 was 170 per 100,000 population, in Kings county it was 230, in Queens county 215 and in Richmond county 228. Dr. Ager finds three principal causes for Brooklyn's greater mortality: The first, unsanitary tenements, which is being remedied to a considerable extent; second, unsanitary streets and lots, and third—and on this he seems to lay the most stress—the greater prevalence of feeding with condensed milk, as compared with Manhattan or New York city.

He finds a striking difference in the methods of artificial feeding of infants in the two boroughs. Sixty per cent. of the infant diarrhoeal mortality in Brooklyn is in children fed with condensed milk, as against 27 per cent. in New York. His paper is, in fact, a striking showing of the advantages of natural milk feeding as revealed by the mortality figures of these two boroughs.

Everything that comes in contact with the inside of the baby's mouth should be kept clean, not in the ordinary understanding of the word, but free from all possible bacteria.

MRS. V. S. F.

THIS LETTER FROM THE INTELLIGENT WIFE OF A PRACTICING physician at the West should be carefully read by all who have been interested in our late discussion upon the merits of condensed milk in the nursery.

I HAVE a little baby four months old (weight fifteen pounds). She seems quite healthy and strong. I nurse her from the breast. Almost as soon as she is through she vomits up her milk. At times she acts as if she were hungry. I have been feeding a little bread and gruel and gruel.

2. At times she gets quite pale and blue. Please advise me what to do. L. H.

1. FIFTEEN POUNDS IS EXCELLENT WEIGHT FOR A (COLORADO) child but four months old. As a mother said to another young matron two weeks ago: "Do not worry because the baby throws up her milk." What she rejects is the surplus supply. If this were not true she would not thrive and weigh fifteen pounds.

Do you nurse her at regular intervals of three hours? If you will try this she will soon learn not to beg for food between her meals. But that bread and gruel! No child should be fed with any cereal until "drooling" begins—the saliva that enables it to digest breadstuffs. Gravel is even worse. Keep to the best of natural foods, the mother's milk.

2. Have her heart examined by a competent physician.

## The Yawn—What Is It?

HAVE you ever thought about a yawn? What causes it, what it protests against, what effect it has upon the system?

The yawn is an ingenious little form of exercise of Mother Nature's own devising. It is Nature's own protest against lazy blood, which is not circulating as it should, and against a sluggish system in general.

Look a little closely into it and you will find that human beings do not yawn only when sleepy or bored, as is generally supposed, but when cold or bilious as well.

Chilliness and indigestion produce the same sluggish condition of the blood as drowsiness does, and consequently awaken the same disposition to yawn.

Let the reader who makes an ocean trip this summer think about him on deck some chilly day. He will find that the passenger whose shawls are not wrapped closely around his limbs while he is seated yawns incessantly.

It is not an indication of sleepiness, but of stagnation caused by the cold.

Dyspepsia is another, and very common, cause of yawning.

To understand just how Nature exercises the system by this simple little gymnastic course, think about it the next time you find yourself yawning, and analyze the sensations.

You will discover that stretching, loosening, expanding, mild as it is, extends to every part of the body. The tingle of it can even be felt in the toes.

In the entire region of the head we can actually see the physical culture in progress by standing in front of a mirror. The jaw drops, the cheeks are drawn down, the movement is communicated to the brow and scalp. The tongue and throat are affected as well as the entire neck.

The same relaxation that stimulates lungs and chest is felt a moment later in the abdomen. It requires no stretch of the imagination to see that frequently in limbs and feet. Every portion of the body is reached and roused.

Take the hint that nature gives regarding the growing inclination to yawn as a warning or a protest not to be disregarded. When it occurs for any reason but that of insufficient sleep, some part of the physical machinery needs attention. Something is wrong with the circulation of the blood, and consequently interfering with the work of the lungs.

In most cases of persistent yawning, not induced by the natural lack of sleep, vigorous exercise to be taken at once is required. It will shake off the impending chill of the chilly-yawn is premonitory, and will do much towards remedying the indigestion, which causes another kind.

## Too Many Changes in American Life

LOVE of change is fast becoming an American characteristic. The restful, peaceful man or woman bids fair to be in time the most unusual of our types. We strive and strain and direct all our energies to the obtaining of something which when mastered we never pause to enjoy.

By repose is not meant idleness or indifference. These terms are too often confounded. The reposeful nature can be energetic, forceful, conscientious and laborious; but it is free from that indefinable spirit of unrest, the danger menacing our national life just now.

There is a restlessness of pleasure, too, as well as of business or daily life. The amusement must be constant and it must be constantly varied. Little children are actually essential. The truly successful nursery demand the same thing in a childish way. Mother or nurse must be

prepared to furnish something new each day of the week. New toys are supplied in profusion, and in an hour. It grows rapidly. In time it will become almost incurable.

It is sometimes claimed that this rapid passing from interest to interest develops the mind of the child. The theory is not upheld by the results. Little John Ruskin had a ball for his plaything and the patterns in the carpet for his puzzles. He became a great analyst.

It lies with the mothers of growing America to make it a land of repose, strong, energetic, dominant, but with a deep flowing current of rest below the surface of its life.

The quality is not merely desirable. It is actually essential. The truly successful career will be at the bottom a restful one.

## Evolution of the Complicated Club Sandwich

FROM a simple matter of toast, ham and chicken, the club sandwich has developed into a veritable meat course. Those made by the most recent recipes are exceedingly complex affairs.

They make excellent foundations for hurry-up lunches, when the cook's cousin is taken ill and thoughtless guests come in unexpectedly on washday.

For a perfect club sandwich the toast must be neither very brittle nor in the least tough. The white meat of the chicken is preferable, although dark meat of a young fowl will serve at a pinch. Cold ham, sliced very thin, is

usually added, but a later suggestion substitutes crisp strips of bacon. Between the toast and the chicken are piled lettuce leaves, which have been rendered tender by an ice water bath. If one is in a hurry a good cream dressing may be used instead of the oil mayonnaise for dipping the lettuce.

All kinds of little relishes, chopped or sliced, are added to a really substantial sandwich is desired. Hard boiled egg is crumbled over the meats and a teaspoonful of minced olives is shaken in.

Some epicures substitute cold boiled tongue for the ham or bacon, and game is occasionally used instead of the chicken. But to the average palate the ordinary combination is tasty enough.